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Publication No. 11

CANADA

HOW TO AVOID ACCIDENTS AND GIVE FIRST AID

THE LITTLE BLUE BOOKS
HOME SERIES

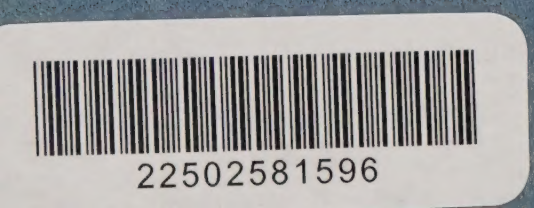
ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

"THE real question is—Can the heart and conscience of the people be roused so effectually as to compel and sustain legislative and official action? Otherwise the killing will continue on ever-increasing scale. To-day, no mother can be reasonably confident that her child, who has gone to school, will return alive. No pedestrian going down street in the morning can feel assured that he is not likely to be killed or crippled before evening through motor accidents. As sure as the sun will rise to-morrow morning the average of killing and maiming indicated by the statistics given will be maintained.

WHOSE TURN NEXT?

There will be injured at least one thousand more Canadians out of every three hundred thousand before the end of 1923, and more than fifty will be killed. Can the reader say he will not be one?"

—Sir Thomas White.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LOOK BOTH WAYS BEFORE YOU CROSS. W. J. Turnbull

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DOMINION OF CANADA

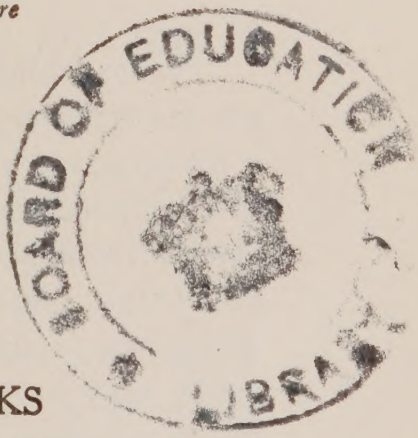
DEPARTMENT OF HEALTH

HOW TO AVOID ACCIDENTS AND GIVE FIRST AID

BY

HELEN MACMURCHY, M,D., (TOR.)

Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS

HOME SERIES

OTTAWA

F. A. ACLAND

PRINTER TO THE KING'S MOST EXCELLENT MAJESTY

1923

(52,814)

The A B C of Avoiding Accidents:

ALWAYS
BE
CAREFUL

"Withstand the beginnings: after remedies come too late."

—*Thomas A Kempis.*

"Evil is Wrought by Want of Thought
As Well as Want of Heart."

—*Thomas Hood*

"Never think how little good all your endeavours are doing; how you are only getting hated and not doing a bit of good; how things like this cannot be helped, and it is no good making a noise about them; how, perhaps, after all you are too strict, and things are not so bad as you think. Such are the thoughts, I well know, which will often occur to every one of you; do you put them aside, they are temptations to neglect your duty. It is not a question of private feeling; if you see any one doing wrong, and do not try to set him right, part of the blame of the wrong-doing lies at your door."

—*Creighton*

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TO PREVENT ACCIDENTS

Take your time.
Take no chances.
Watch your step.
Obey danger signals.
Think what you are doing.
A rail track is a danger signal.
A highway is a place of danger.
Stand back. Space gives safety.
Never play with fire-arms.
Handle fire-arms as if they were loaded.
Keep no explosives in the house.
Use sharp tools with care.
Do not leave pins, needles, tacks and nails lying about.
Sweep up broken glass at once and put it safely away.
Keep no poisons in the house.
Do not " save up " medicine. It is dangerous.
Read the label on a medicine-bottle twice before you uncork it.
Watch what you stand on. Do not stand on any unsteady support, such as a rocking chair.
Put brooms, pails, coal-scuttles, furniture, etc. in safe places where no one will fall over them.

66692—2

Sprinkle sand or sawdust on icy steps and sidewalks.

Do not have your floors too slippery. Remove at once any water, soap, grease, etc. on the floor.

Never touch an electric fixture with a wet finger.

If one hand is touching an electric fixture, do not touch metal with the other hand.

Do not touch an electric fixture while you are taking a bath.

Do not leave little children alone.

Put guards outside nursery windows.

Put gates on stairways if there are little children or very aged people in the house.

Keep matches in a safe place.

Never light a fire with coal oil.

Never use gasoline, benzine, ether or other inflammable materials near an open light or fire.

Put a lighted lamp or candle in a safe place.

Never let children carry lamps or candles.

Do not place a gas bracket near a curtain.

New flannelette catches fire easily. Wash before wearing.

Do not heat any article made of celluloid.

Celluloid catches fire and explodes easily.

If a fire starts in a room, close all doors and windows to prevent a draft, and smother the blaze with a rug, blanket, coat, skirt, quilt, table cover, etc.

FIRST AID

Keep at Hand

A Bandage—Two and a half inches wide and two yards long.

A Package of Absorbent Cotton.

Powdered Boric Acid to make a lotion; use half a teaspoonful to a cup of hot water.

Two medicine droppers.

Two camel's-hair brushes.

Castor oil—two ounces.

General Rules

Keep Cool.

Be Quick.

Be Quiet.

Do the most necessary thing first.

Send a sensible person for a doctor.

Assist doctor, nurse, or other person in charge, or take charge yourself, and get some one to help you.

Give the sick or injured person air and space. Keep people from crowding around.

Lay patient down, loosen clothing, straighten the limbs, make him safe and comfortable. If able to swallow, give a little water.

In removing the clothing, remove it from any injured part first. If necessary, cut down a

seam. In dressing a person, put clothing on the injured part first.

If poison has been taken, give to the patient at once a large quantity of milk, or white of egg and water, or oatmeal and water, or gruel.

Special Rules

For Suffocation.—Remove whatever is causing suffocation, give the patient fresh air, and commence artificial respiration at once. Keep it up a long time, there is always a chance that the patient may recover, even after one or two hours.

For Fainting.—Lay patient down with head low. A little water may be dashed in the face, and the limbs may be chafed. Smelling-salts may be used, but do not hold the bottle too close to the patient's nose.

For Convulsions, Epilepsy or Fits.—If the patient moves the limbs convulsively and foams at the mouth, do not be afraid. It will not last more than a minute and a half. Lay the patient down in a place where he will not strike his limbs against anything hard. Protect the tongue from being bitten by inserting something between the teeth, such as a handkerchief rolled round a spoon handle or round a lead pencil.

For Sprains.—Apply cold at first, and then firm pressure, using absorbent cotton and bandages, or adhesive plaster. The injured limb should be elevated and kept at rest till the Doctor sees it. If the Doctor sees the patient soon, he can bandage the limb with adhesive plaster so that the patient may go on using the injured limb with safety and comfort.

For Fractures.—If the person has injured a limb, and the limb seems useless, probably the bone is broken. Avoid moving the limb as far as possible, but do not leave it hanging down. Elevate it at once, using both of your hands to support it evenly on either side of the place where the break is, so that you carry the limb absolutely rigid, because if you allow the broken piece of the bone to move, it may pierce the skin and make the fracture a compound one, which is a very serious accident. Place limb comfortably on a pillow which rests on a chair, table or bed.

For Burns.—If the clothes catch fire, instantly put patient down on the floor or ground and smother flames with coat, skirt, rug, quilt, tablecover, etc. Protect face. Flames must be kept from the face to save patient's life.

For Heat Exhaustion.—The skin is pale, cold and clammy, and the patient is faint and collapsed. Remove patient to a shady place and dash cold water on head and face. Give stimulants and use smelling salts.

For Heat Stroke or Sun-Stroke.—The face is purple, eyes bloodshot, skin dry and burning and the patient is partly unconscious. Remove patient to a cool place and apply ice and cold water. Place patient in an ice-bath, if possible, until his temperature is down to 100 degrees. While he is in the bath keep rubbing the surface of his body with a piece of flannel or with your hands. Get a doctor at once.

For Gas Poisoning

Illuminating gas contains carbon monoxide, which is very poisonous. It has no colour, odour or taste.

Stoves may give off poisonous gas.

Never stay in a room where no supply of fresh air is entering.

If a gas bracket is loose or leaky, have it repaired at once.

Be careful to turn off gas properly.

Be sure that no one in your house " blows out the gas."

The exhaust gases of gasoline motor cars contain from four to twelve per cent of carbon monoxide. It is dangerous to run an automobile engine in a closed garage.

If anyone seems to be suffering from gas poisoning carry him out to the fresh air at once, and begin artificial respiration if his breathing is failing, or if he is not breathing regularly. Never leave the patient one moment in a room where there is even a trace of gas. Carry him right out into the fresh air at once to save his life. (See page 8.)

For Foreign Bodies in the Nose, Ear or Throat

Foreign bodies in the nose or ear are best left alone, until a doctor can be got, unless they can be readily dislodged. If a foreign body is in the throat, it may be necessary to act at once. Try to see it. If it is a fish-bone, you may be able to take it out with your fingers, or a hair-pin, or you may be able to cut it in two with a pair of scissors and then get the pieces out.

If a piece of food lodges in the throat and the patient is choking, slap him vigorously on the back. If the patient is a small child, seizing him by the legs, and holding him upside down a moment while some one else slaps his back may save his life.

For Injuries to the Eye

Do Not Rub the Eye.

See a Doctor as soon as possible.

To Wash Out the Eye.—Use warm boric lotion and a clean medicine dropper. A blue glass eye-cup is also useful.

To Remove a Foreign Body from the Eye.—Do not attempt to remove any particle that is imbedded in the eye.

Wash out the eye.

Drop in some castor oil.

Cover the eye with a bandage.

To Remove a Foreign Body Under Lower Eyelid.—Blow the nose forcibly and repeatedly. Pull down lid and wash out the eye. Use a camel's-hair brush, dipped in boric lotion, to remove foreign body, if necessary.

To Remove a Foreign Body Under Upper Eyelid.—Blow the nose forcibly and repeatedly. Draw the upper lid down over the lower lid and then ask patient first to close and then to open his eye. Repeat the process.

If this does not succeed:—

Seat patient on a chair and stand behind him.

Lay a wooden match half an inch above the eyelashes.

Press the match backwards and pull the eyelashes up over it. Then, if you see the foreign body, wash it out of the eye or use a camel's-hair brush, dipped in boric lotion, to remove it.

Drop in some castor oil and cover the eye, if it is painful.

Lime in the Eye

Do not use water, or lotion. Remove particles of lime with oil or with absorbent cotton soaked in oil. Drop castor oil freely into the eye.

For Electrical Accidents

1. Remove the body from electric wire by using a dry stick, or a dry piece of clothing. Do not touch body or soles or heels of boots with your bare hand. Use one hand only.

2. If patient is not breathing, perform artificial respiration at once, and continue it a long time, using rules for artificial respiration except No. 2.

3. Dash cold water in face and rub spine with ice.

For Lightning Stroke

Administer strong coffee, if possible. Perform artificial respiration, and continue it a long time.

For Cuts, Wounds, Hemorrhage, Bleeding

If the blood comes in spurts quickly tie a handkerchief or bandage round the bleeding arm, leg or finger above the wound, that is, nearer the heart. Slip a stick or pencil under the handkerchief, twist the stick round and round till the handkerchief is tight enough to stop the bleeding. If the blood flows steadily, then tie the handkerchief as above on the side farther from the heart. If the bleeding does not stop, tie on another handkerchief, so that there is one on each side of the wound. If you cannot get a doctor to dress the wound after the bleeding is stopped, prepare a piece of linen for a pad to cover the wound by scorching it in a flame or boiling it. Wash your hands thoroughly, roll the linen up tightly, press the edges of the wound together and place this pad over the wound, then tie it on firmly with a clean, fresh laundered handkerchief or a clean bandage.

Be sure that the circulation of blood in the finger or limb is not stopped by this pressure. When the circulation is stopped the limb is cold, numb, livid or pallid. The first pressure to stop the hemorrhage should not be kept up more than half an hour to an hour. The pressure with the pad and bandage will need to be

kept up twenty-four hours and then slackened, but the dressing, if the wound is comfortable, should not be removed for eight days, except by a doctor. If there was much blood lost or if the wound becomes painful, get a doctor.

If the wound is not in a limb, and you cannot use the above plan to stop bleeding, wash your hands and press your thumbs one on each side of the wound, thus pressing the edges of the wound together.

Always use boiled water in washing and dressing wounds.

For Burns

Do not try to remove any clothing or other material that is sticking to the burned surface. Cut round it and then moisten the adherent part with oil or clean boiled water in which a little baking soda has been dissolved.

Burns should be kept from the air by immersing the burned part in boric lotion or boiled water, or applying a clean wet handkerchief or bandage, or applying oil.

Small blisters and those which are not likely to rupture should be protected with a loose dressing. The fluid will soon be absorbed. Do not open blisters if you can avoid doing so. If necessary, blisters may be drained by puncturing with a needle cleaned by boiling or pass-

ing through flame. Be careful not to remove the loose skin. Burns may also be dressed with clean absorbent cotton soaked in clean oil or vaseline.

For Burns from Acids

Wash off quickly with oil, soda and water, soap-suds or water alone. Use a lot of water. Immerse the burned part in water.

For Burns from Alkalies

Wash off quickly with water and vinegar, or water and lemon-juice, or water alone. Use a lot of water. Immerse the burned part in water.

The Ambrine Treatment

This treatment for burns is now recommended. The following directions are issued by the Hydro Electric Power Commission of Ontario.

Outfits Without Atomizers

Cut a few pieces of ambrine and put in the melting cup. Place melting cup on stove—or in dish of boiling water. Allow ambrine to liquefy and remove when thoroughly liquefied. Be careful not to allow any water to get into the ambrine.

Blisters should be punctured and drained. The burnt surface should be cleansed with a weak antiseptic solution or gasoline and *thoroughly dried* by fanning or with an electric drier. It is very important that the surface should be thoroughly dried especially when granulation tissue has formed as this prevents flabby granulations and hastens epithelization.

By means of a soft camel's hair brush, the ambrine should be gently daubed directly on the dried surface. Care must be taken that the ambrine is *not too hot*. The ambrine should not be above 140° F. This may be tested by dropping ambrine on your own finger.

Cover the entire denuded area and about one half inch over the edge with a coat of ambrine; then apply one thickness of sterile gauze or one thin layer of ambrine sheet cotton, and immediately paint another film of ambrine over the gauze or cotton.

Then pad thickly with absorbent or non-absorbent cotton and bandage.

During the first few days wounds should be redressed every twenty-four hours. To redress, remove the bandages and cotton, or by lifting the edge of the gauze the whole may be cut down and peeled off without any pain or discomfort.

If the area of the burn is extensive, do not uncover the whole area at once as the drying is

painful, but work in areas of suitable size. Cleanse the wound with cotton swabs, dipped in weak antiseptic solution or gasoline. Dry thoroughly and cover with ambrine as above.

For Atomizer Outfit

For large wounds or where burns are very painful when daubing ambrine, use atomizer, as follows:—

The inner compartment of atomizer should be sterilized by passing it over a flame and then filled about ¾ full of liquid ambrine. The top of atomizer may be placed in boiling water (the handle being unscrewed off and the bulb removed) if it has been previously used so as to make sure there is no hardened ambrine in the finer tubes. It should be dried so that no water gets into the ambrine. Screw top on securely to inner compartment. Then place boiling water in the outer compartment and screw to top securely. If the atomizer is in continual use, the atomizer (without handle or bulb) containing ambrine in the inner compartment and water in the outer compartment with the top securely screwed on may be placed in a vessel of water and placed on a stove until the ambrine is thoroughly liquefied and the water in outer compartment boiling. The handle is then screwed on and the bulb inserted.

If for any reason the tubes are blocked, the top may be unscrewed and the whole top boiled in water and the melted ambrine blown out by the bulb. The top is then screwed on to the inner and outer chambers. When more ambrine is required it may be liquefied and poured into the inner chamber without unscrewing the whole top, through the small aperture, after removing the small screw cap.

The atomizer should give a good fine spray and cover the wound quickly. The application of the ambrine with the atomizer will be found to be less painful than daubing on. The atomizer need only be used for the first layer and after thoroughly covering the second layer over, the gauze may be applied with the brush from another container of liquefied ambrine. The atomizer as a whole may be kept in a vessel of boiling water to maintain temperature while dressing and bandaging.

For Frost Bites

The part frost-bitten should be gently rubbed with fur. This is much better than the next best plan, which is gently rubbing the affected part with snow or bathing it in ice-cold water. On no account allow the patient to go into a warm room or near a fire, or any heat, until

feeling and normal colour is restored to the part which was frozen. A severe frost-bite if not treated as above, is like a burn, and must be treated as such.

For Bites

Make the wound bleed freely, cleanse it and then dress in the same way as any other wound.

Rules for Bathing in River, Lake or Sea

1. Learn to swim.
2. Use your common sense.
3. Find out about the "bottom," especially about any holes, before you go in.
4. Deep water is needed for diving.
5. The best time to bathe is about two hours or more after a meal.
6. If you are over-heated, wait a few moments to cool off before you bathe.
7. First wet your forehead and the back of your neck, and then immerse the whole body. Five or ten minutes is usually long enough. When you come out, dry yourself quickly and keep moving until you are comfortable.

Rules for Artificial Respiration

1. Act quickly. Every instant counts.
2. Lift patient up so that the head and shoulders hang down, thus allowing any water to flow out.

Safe and Happy Children Somewhere in Canada.

Canadian Government Motion Picture Bureau, Ottawa.

3. Clear any grass, artificial teeth, gum or other obstruction out of the mouth and throat.

4. Loosen clothing from neck and chest.

5. Place patient on the ground, chest downwards, with a coat, rolled up, under the middle of the body. Turn his head to one side and rest it on his forearm, so that his mouth and nose will not touch the ground or his arm.

6. Keep the patient warm.

7. Commence artificial respiration at once, as follows:—

Put yourself astride of the patient's body in a kneeling position facing his head, placing your hands flat in the small of his back with the thumbs nearly touching and the fingers spread out at each side of the body over the lowest ribs.

Lean steadily forward allowing the weight of your body to produce a firm, but not violent downward pressure, without lifting your hands from the patient's body.

Sway your body thus backward and forward upon your hands twelve or fifteen times a minute following the rate of your own slow deep breathing without any marked pause between movements.

Be careful not to use too great pressure.

Continue this until the patient breathes again. There are records of success after three and one

half hours of work. When he revives keep him lying down till he is fully conscious. Watch his breathing.

Rabies

This disease may attack dogs, cats, horses, cattle, sheep, pigs and wolves. It is really a "cold weather" disease, though the first cases are often reported in spring and summer.

The bite of a mad dog is very dangerous. Telegraph the Provincial Board of Health at the Parliament Buildings for instructions where to get treatment. Take the treatment at once.

Do not kill the dog immediately. Tie him up or lock him up and take care of him. The disease may take as long as six weeks to develop. If the dog shows no symptoms of rabies at the end of ten days you may feel fairly safe. But take the treatment at once if you think it possible that the dog may have been mad, and see that the dog is cared for during a period of six weeks.

INFECTION

Certain diseases are called infectious (transmissible), because one person may and does pass the disease on to another. Some of the commonest transmissible diseases are: Colds,

Influenza, Pneumonia, Measles, Mumps, Scarlet Fever, Diphtheria, Whooping Cough, Chicken-pox, Smallpox, Typhoid Fever.

The patient and the person nursing the patient should be isolated. Everything coming from the patient's room, such as dishes, vessels, and the contents, should be boiled or scalded, or a large quantity of boiling water should be poured upon them. The person nursing the patient should wash her hands after she touches the patient or touches anything the patient has touched. No one having one of these diseases, or living with anyone who has one of these diseases, should be allowed to go to school, or play with others, or mingle with them at all, till the danger of infection is over. We should take precautions to prevent transmitting colds to others, and people suffering with colds should be in bed.

Smallpox is a most infectious and frequently fatal disease. Vaccination prevents it. Everyone should be vaccinated in infancy, again at about twelve years of age and again whenever Smallpox is prevalent.

FIFTEEN SIMPLE SAFETY RULES FOR TRAFFIC

1. Read the automobile laws carefully for the district in which you are driving and obey them.

2. Never travel at a high rate of speed over a road with which you are not familiar.

3. Never drive, at any time, on the wrong side of the highway.

4. Heed the warning signs.

5. Never pass, or attempt to pass, a car going in the same direction at the crest of a hill or on a curve.

6. Never stop your car just over the brow of a hill or just around a curve.

7. Never follow a car travelling at a high rate of speed at less distance than fifty yards.

8. If you wish to pass another car going in your direction, choose a long, straight stretch of road.

9. When you are travelling at a chosen rate of speed, do not "speed up" because someone attempts to pass you.

10. Make careful and frequent inspections and tests of your brakes.

11. Never use bulbs of higher candlepower than those prescribed by law for your lenses.

12. Inspect your tail-light frequently. This light marks the position of your car for the following driver, who may be facing lights of an oncoming automobile.

13. Remember that the taking of a human life by an otherwise lawful act, done in an unlawful manner, is manslaughter, a crime punishable by imprisonment.

14. Remember that every time you "take a chance" you are gambling—with the lives of other people as the "stakes."

15. "Safety First, Last and Always."

These rules, if observed, would reduce the accidents on our highways, 95 per cent.

(Courtesy, Major L. G. Adams)

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